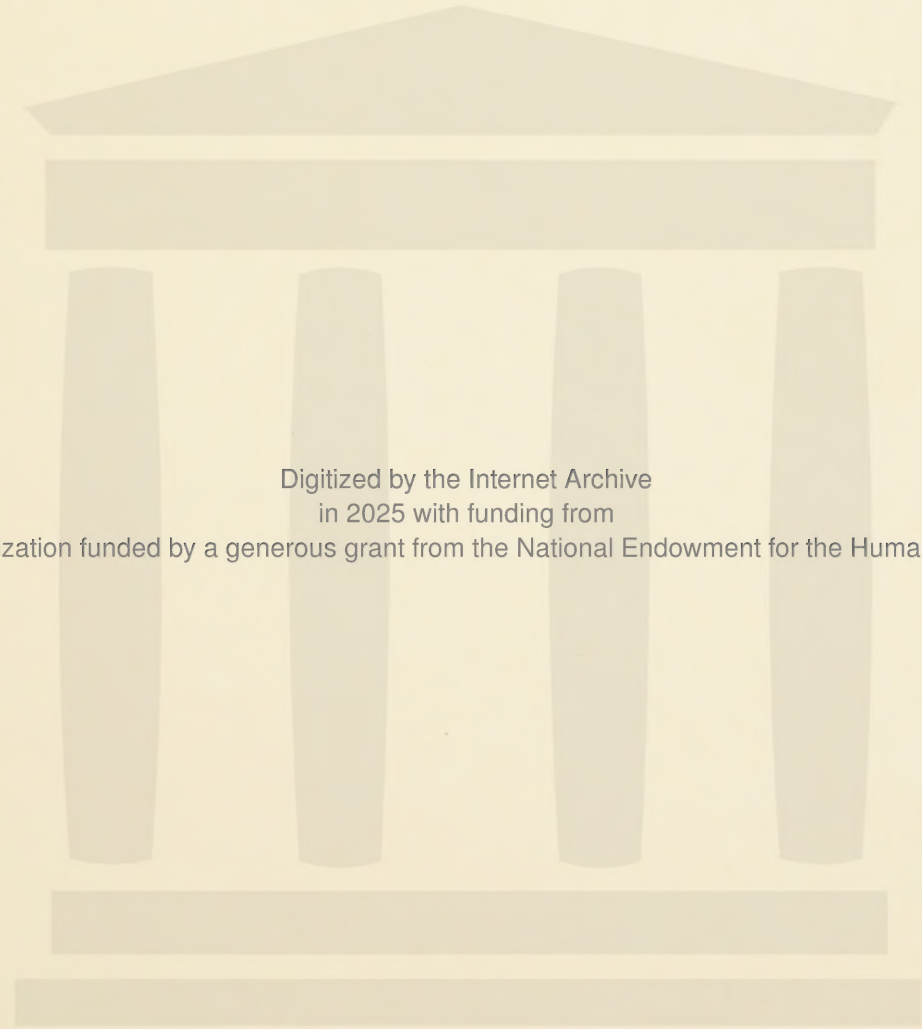

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GO! Outdoors & Recreation

N.M. Sport Show

Frank Crosby's 44th annual New Mexico Sport Show is Friday-Sunday, 10 a.m., in the East Complex of the Convention Center.

The latest sporting equipment, watercraft, motorcycles and recreational vehicles will be on display. The show will also feature an indoor fishing tank stocked with trout.

Cost is $6 for adults, $3 for seniors, and $1 for children 12 and under. Senior citizens admitted free on Friday.

Recreation Calendar, Page C2

FISHING LINE:
Air Guard group on annual outing at Navajo Lake catches nearly 50 trout. 4

MOUNTAIN DECOR: Monarch butterflies swarm at El Rosario Monarch Butterfly Sanctuary. They are some of millions that migrate to sanctuaries in the 10,000-foot mountains of southern Mexico from November to March.

Annual migration of monarch butterflies to Mexico has wildlife lovers all aflutter

Royal PASSAGE

Story by FRANCISCO I. RODRIGUEZ ■ *Photograph by* PETER LANGER ■ *For the Journal*

It's a 1½-mile walk up the mountains through the oyamel fir and pine forests to El Rosario Monarch Butterfly Sanctuary in the Mexican state of Michoacán, and just when we thought we had stepped over the final log on our journey, passers-by returning to the entryway cheered us on, telling us we were halfway there.

At least that's what they were told on the way up. We took our cue from a 79-year-old Coloradoan in front of us who stopped for a break, and filled our lungs again as best we could in the thin morning air. She had made the trip before, and mentioned that the steps we were using to help our otherwise slippery climb were new, installed maybe just last year. And it's a good thing they were.

I had worn a sweater expecting colder weather in the 10,000-foot altitude, but that was no longer an issue. Like other travelers, I was ready to stop and admire the butterflies from here, even if it was just halfway there.

Weary-traveler humor aside, the hike's payoff is priceless: Millions of monarchs — enough to re-create the sound of strong wind blowing through the trees — welcomed us at the summit with a breathtaking orange and black ticker-tape parade. They hung from the mighty pines as if building large hives; steady and silent until a light gust or a muffled sound disturbed their concentration and then exploding in a colorful fireworkslike display.

It's easy to appreciate the number of butterflies once you find a spot to sit and just

See MIGRATION on PAGE C2

If you go

GETTING THERE: Angangueo can be reached via bus from nearby cities, including Mexico City and Toluca from the east, and Morelia and Zitcuaro from the west.

In Zitcuaro, about an hour south of the reserve, buses leave from the central station every hour from 6:30 a.m.-6:30 p.m. Tickets run about $1.50 each.

American Airlines services both Mexico City and Morelia, both about 4½ hours away from Angangueo by bus.

WHERE TO STAY: The largest hotel in Angangueo, the Albergue Don Bruno, has 30 rooms ($20-$30 for two people) and may be your best bet if staying right by the refuge.

In Zitcuaro, the Hotel Marina San Jorge provides large rooms with TV and plenty of hot water ($20 for two people). The Villa Monarca Inn, meanwhile, features a restaurant, gym, swimming pool and tobacco store ($75-$100 for two people).

SANCTUARY INFORMATION: The reserves are open through March from 9 a.m.-6 p.m. Admission is $2 per person. Get there early to avoid the crowds. The butterflies tend to stay in the trees before the sun brings them down after noon. Remember to take a light jacket and a hat.

Adopt the unwanted stepchild of exercise

▪ Though not widely practiced, stretching is crucial to flexibility

BY CHARLES STUART PLATKIN
For the Journal

DIET DETECTIVE

I've stretched on and off for years, but I have to admit that lately I've been a bit confused as to its true benefits — and whether or not it's even worth my time. And to tell you the truth, the first time I read a study that stretching was not all that it was cracked up to be ... well, let's just say I had an extra 10 or 15 minutes of free time every day.

But I recently became more interested as I watched my 8-week-old daughter wake up and spend a good 2 or 3 minutes stretching. "Have you ever seen an animal or person that doesn't stretch?" asks Bob Anderson, author of the best-selling book "Stretching." "There is something in our bodies that makes us want to elongate."

Stretching is more or less the unwanted stepchild of fitness. Although it's been heralded for years as an integral means to decrease the risk of injury, relieve pain associated with stiffness or muscle soreness, improve athletic performance, promote relaxation, and reduce stress, it's still not widely practiced.

Meredith Abreu, 25, a former championship rower for Brown University, sheepishly admitted that she never gave stretching a thought until she had her first serious injury. "There's nothing quite like chronic pain to get you motivated," says Abreu.

The primary purpose of stretching is to increase range of motion, allowing your limbs and joints to move further, thereby making them more flexible. This occurs by increasing the length of both your muscles and tendons.

But do we really need to stretch?

"Flexibility is one of the four components of fitness, the others being muscle strength, muscle endurance and aerobic capacity," says Dr. Stephen Rice, a spokesman for the American College of Sports Medicine. "Just as not doing aerobics, strength training or endurance training is detrimental, so is forgetting about flexibility. If you're flexible, limber and well warmed up each day, your body can readily move through its range of motion with a minimum effort on your part."

Although stretching experts don't agree on everything,

See STRETCHING on PAGE C4

Tips help take pain out of high-altitude play

BY DANIEL GIBSON
For the Journal

Ahhhh — the high-altitude vistas. Oooh — the high-altitude sparkling air. Ooops — the high-altitude heaves and blinding headaches.

A day spent recreating at the high altitudes of the Rocky Mountain ski resorts for many people can be a rough experience, even for those who live at relatively high elevations.

A few years ago, I was skiing at the Santa Fe Ski Area with a friend who lives here. After an hour or so, his stomach and legs cramped up, he began to feel nauseous and light headed, and he finally threw up. He was barely able to ski down to the patrol center, where he recovered enough for us to drive down to town without summoning further help.

He was suffering from what is known as Acute Mountain Sickness, or AMS, an affliction that is estimated to affect one-quarter of all people who travel to altitudes greater than 8,000 feet. Most Southwest regional ski areas have base elevations of 9,000 feet or higher.

AMS is no joking affair. Left untreated, it can develop into life-threatening high-altitude pulmonary edema, characterized by fluid in the lungs, a dry cough and a frothy, bloody sputum.

AMS can also lead to high-altitude cerebral edema. This occurs at elevations higher than most recreational skiers ever attain, but cases have been documented as low as 9,000 feet.

More commonly, however, people suffer from the less severe but still seriously uncomfortable symptoms of AMS. They include fatigue, headaches, insomnia, loss of appetite and, occasionally, slurred speech. These are the same effects that mimic a hangover, so they often go undiagnosed. But even these milder afflictions are capable of spoiling a ski vacation.

The really bad news is that almost no one who lives at low elevations is immune from AMS's mildest effect: shortness of breath.

The higher one goes, the less oxygen there is. At 12,000 feet, there is only 66 percent of the oxygen found at sea level. Add in the highly aerobic nature of skiing or snowboarding, and you may find yourself bent over at the waist, your mouth puckered up and desperately seeking what oxygen there is in the thin air — a practice

See TIPS on PAGE C2

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Migration has butterfly watchers all aflutter

from **PAGE C1**

watch. They will float from far and near to land on you or a companion, before moving on to their next resting place or to join the collective back in the trees. Children around us delighted in watching them closely, following them for a few steps until the next clump landed nearby.

We were not allowed to reach the summit of the mountain by ever-watchful guards that looked more like tourists than protectors of the ecosystem. But they were efficient at guiding people to the right resting areas and keeping them within the boundaries that maintain a safe distance between visitors and the larger oyamels and pines where the monarchs hang in the morning.

Count on them to keep the level of talking down to a very serious library level.

Signs along the route put our short trek into perspective: To escape the bitter Canada winter, millions of monarch butterflies make their annual 3,000-mile trip southwest beginning in late summer, fluttering through the United States before reaching central Mexico in November, some three or four generations later.

PETER LANGER/FOR THE JOURNAL

MILLION MONARCH MARCH: To escape the bitter Canada winter, millions of monarch butterflies make a 3,000-mile trip southwest beginning in late summer, eventually reaching central Mexico in November, some three or four generations later.

How they find their way — or make the trip at all over so great a distance — remains a mystery even to scientists.

Two monarch reserves are open to the public: The Sierra Chincua Monarch Butterfly Sanctuary and the El Rosario Monarch Butterfly Sanctuary. The larger of the two, the winter haven El Rosario was discovered only in 1975, and is still being developed into a full-blown sanctuary. Local farmers still cut trees from the edge of the reserve, although the Mexican government hopes a new $6 million fund will help stave off logging in the area.

Monarchs usually begin their journey back north in mid- to late March. On their way back, they will travel to Texas before fanning out across the United States and into Canada.

Scientists used to estimate the number of butterflies reaching the Mexican reserves at 25 million to 170 million, although a grim, hard freeze last winter brought the actual number closer to 500 million. A count of dead butterflies changed estimates of the population at 50 million per hectare rather than 10 million as previously thought.

The large toll of dead butterflies was evident in the sanctuary, where what appeared to be run-of-the mill leaves on closer examination proved to be a carpet of blackened monarchs, their fetid stench a reminder of the millions that had perished.

The magnitude of the butterfly population loss prompted citizens in the nearby town of Angangueo to collect dead butterflies and erect a symbolic tomb in the municipal cemetery with an epitaph engraved in Spanish, English and French: "Here lie thousands of butterflies that died during the great winter freeze of 2002."

There's not much more of interest in Angangueo beyond the butterflies, as the locals will tell you. It's hard to find a business in the region that doesn't sport a butterfly or bold black-and-orange lettering in its signage.

The true market for monarch curios and accessories, ranging from Tequila-shot glasses to T-shirts to full-size papier-máché reproductions of the butterflies, is at the base of the reserve, where a bustling monarch mini mall has grown up to serve tourists' needs. The area also is home to a large parking lot, filled mostly with tourist trucks.

A small transport industry has been established in the town, with local drivers offering rides to the sanctuary entrance for about $30. The price is negotiable, and you can usually find other travelers to share the ride and expense.

My traveling companion and I teamed with five other people and hopped aboard a small open truck better suited to cattle than humans for the ride. They're all like that, so be sure to dress comfortably. Along the way we met a few brave souls opting to walk to the sanctuary.

Plan to take a truck instead: It's quite a ways to the top, even if it's just halfway there.

RECREATION CALENDAR

BASEBALL

Players Wanted: Albuquerque Braves, 14-U. Call: 836-3287. ... Braves, ages 18-plus. Call: 839-4139.

N.M. Men's Senior/Adult League: Looking for new players/teams for spring/summer season. Age divisions are 28-plus. Tryouts, Saturday-Sunday, 10 a.m.-4 p.m., at Valley High field. Cost is $5. Call: 839-4139.

Lobo Little League: Tryouts and late registration, Saturday, 12:30 p.m. Tryouts for players ages 9-12, 1-3 p.m. Meet at Lobo Little League Fields, Menaul and Bryn Mawr NE.

BASKETBALL

Players Wanted: N.M. Rage, girls born in 1989. Call: 293-2167. ... N.M. Attack, AAU traveling teams, girls born from 1988-92. Call: 822-8916. ... Canyon Nets, women ages 50-plus, regardless of skill level. Call: 299-7768.

American Heart Association: Hoops for Heart benefit, Monday, 8 a.m., at Albuquerque Academy East Campus Gym. Various students will play basketball against faculty and staff to raise money. Call: 828-3190.

CYCLING

N.M. Touring Society: 37 miles to Bernalillo and back, Saturday, 9 a.m. Meet at Alameda Trailhead. Free. Call: 301-6234 or 237-9700. ... 34 miles along the Bosque, Sunday, 9 a.m. Meet at Alameda Trailhead. Free. Call: 268-2062 or 237-9700.

MARTIAL ARTS

Total Defense USA: Self-defense classes for women, Saturdays, noon-3 p.m., at Women's Wellness Fitness & Lifestyle, 821 Juan Tabo NE. Cost is $25 for members, $30 for nonmembers. Call: 292-5640.

MISCELLANY

UNM Recreational Services: Parent, infant and preschool aquatics programs for ages 6 months-6 years. All classes taught in the therapy pool and last for 30 minutes. Session 1 is Saturday and March 1. Cost is $40. ... Snowshoe hike in the Jemez, Saturday. Cost is $28, includes transportation, guide, and snowshoe rental. ... Tent Rocks day hike, Sunday. Cost is $23, includes transportation and guide. ... Scuba diving lessons, today-Sunday, with an open water dive, March 1-2. Cost is $285. ... Scuba diving lesson, Wednesday. Cost is $25, includes instruction and use of all equipment. ... San Juan fly-tying clinic, Tuesday-Thursday. Cost is $25, with $8 material fee paid to instructor at beginning of class. Call: 277-0178 for all events.

U.S. Coast Guard Auxiliary: Albuquerque flotilla beginning a boating skills and seamanship course, Tuesday, 7 p.m., in Rio Rancho area. Instruction is free; charge for text and workbook. Pre-registration is necessary. Call: 298-0116.

N.M. Department of Game & Fish: Hunter education class, Saturday-Sunday, at 3841 Midway Place. Cost is $5. Call: 841-8888 ext. 630.

N.M. Special Olympics: Poly Hockey Championships, Friday-Sunday, at N.M. Fairgrounds in the Manual Lujan Building. Event is free. Call: 856-0342.

N.M. Gold Prospectors Association: Monthly meeting, today, at North Valley Multiservice Center, 1231 Candelaria NW. Free, open to public. Call: 898-5508.

JCC: Youth conditioning, Mondays and Wednesdays, 4:30-5:15 p.m., at JCC Group Exercise Studio. Cost is $2 per child, per class. Call: 348-4486.

Archery: Free seminar on intro to bowhunting and how to bowhunt wild turkeys, Saturday, 6 p.m. Meet at Archery Shoppe, 3600 Menaul NE. Bring a chair. Call: 878-9768.

Calendar rules

The Recreation Calendar lists only **events scheduled for the upcoming week**. An expanded calendar can be found online at **www.abqjournal.com/go/reccal.htm**.

If you have an announcement you would like to place in the calendar, you can submit it via an easy-to-use Web form at **www.abqjournal.com/go/calendar.htm**.

OUTDOORS

Rio Grande Nature Center: Nature walks led by volunteer naturalists, Saturday, 10 a.m., and Sunday, 1 p.m. Bird walks are Saturday and Sunday, 9 a.m. Free. ... Class on chemistry for ages 3-5, Monday, 10-11:30 a.m. Cost is $15. (Reservations required for all activities.) Call: 344-7240.

Central N.M. Audubon Society: Audubon Birding Academy, today, March 20 and April 24. Meet at St. Timothy's Lutheran Church, Copper and Jefferson NE, 7:15 p.m. Activities include presentations about gulls by Bruce Neville, "Taking Field Notes" by Chris Rustay, and Icterids by Dave Krueper. Call: 294-4073.

RUNNING/WALKING

High Desert Wind Runners Club: 10-week beginners and intermediate runners class, Saturday-April 26, 8 a.m. Meet at Alameda Open Space parking lot. Cost is $25. Call: 896-1178.

Albuquerque Track Club: Registration for ages 5-14, Friday, 5-7 p.m., at 4904 Hawkins NE. Practices start March 3, Mondays/Wednesdays/Fridays, 4:30 p.m., at La Cueva. Call: 821-0340.

Camp: Track & Field Jumping Camp featuring Melvin Lister, Saturday, 9 a.m., at Lovington High Conditioning Building. Cost is $25 per athlete, includes camp shirt and notebook. Call: (505) 396-3933 or (505) 739-2230.

SOCCER

Players Wanted: Rio Vista Scorpions, U-12 boys need 1-2 players. Call: 797-2740 or 842-3236. ... Classic FC Red Devils, U-15 boys need 1 backup keeper and 2 field players. Call: 271-1050 or 237-2396. ... AUFC Eclipse, U-15 girls need 2-3 U-14 or U-15 players. Call: 286-0694. ... FC West Spirit, U-15 girls. Call: 899-4422.

AYSO: Boys/girls ages 5-18 invited to join waitlist for positions on AYSO teams. Cost is $62, includes 8 games, uniform, and insurance. Call: 342-2976 ext. 325.

SOFTBALL

Albuquerque Sportsplex: Registration for Clark Star Classic Men's Tournament. Cost is $160. Deadline is Wednesday. Call: 823-2343.

Players Wanted: ASA/USSSA tryouts for HERicane, girls 12-U. Call: 873-0357. ... Senior players who are 64-older to play on Tuesday and Thursday mornings at Los Altos. Call: 899-4035 after 5 p.m. ... Silver Gloves, women ages 50-plus. Call: 299-7768.

HIGH COUNTRY SKI REPORT

	Inches of snow	New snow	Comments
Angel Fire	45	1	half pipe open
Chama	n/a	n/a	call (505) 756-2492
Enchanted Forest	24-36	8	15km of snowshoe trails
Pajarito	5-30	0	open Friday-Sunday
Durango	50-52	2	100 percent open
Red River	27-38	8	48 of 57 trails open
Sandia Peak	7	n/a	opening date postponed
Sipapu	18-36	5	terrain parks open
Ski Apache	40	0	100 percent open
Ski Santa Fe	46	4	54 trails open
Taos	72-91	9	98 trails open
Telluride	55-58	6	100 percent open
Wolf Creek	81-93	12	100 percent open

Conditions supplied by Ski New Mexico, ski areas; new snow totals for 24-hour period ending Wednesday. Daily updates available at **www.abqjournal.com/go**.

Tips take the pain out of high-altitude play

from **PAGE C1**

also known as "sucking the O's."

This is where running and aerobic exercises come in handy, preparing your body to absorb as much oxygen as possible. But there are additional, short-term ways to meet the oxygen gap.

If you have friends coming from sea-level or low elevation, let them spend at least a day at an intermediary elevation, which allows the body to "acclimatize" to local atmospheric conditions. Maybe spend your first day exploring town rather than the ski slopes.

If time precludes this, take it easy your first day out. Ski easier runs and knock off early.

Another tip is to avoid liquor, and to drink at least eight glasses of water a day to stave off dehydration. In the cold, dry air you find at Rocky Mountain ski resorts, you may not realize you are sweating up a storm when you're skiing, since the sweat evaporates through your clothing. Dehydration leads to muscle fatigue, and tired muscles need — guess what? — more oxygen to perform well.

Another common AMS ailment, severe headaches, seems treatable with aspirin. Studies show that taking one regular-strength tablet of aspirin an hour before arrival at high altitudes significantly reduces headaches. Taking an aspirin a day for two to three weeks is also said to reduce the effects.

As a last resort, ask your doctor for a prescription for Diamox, which stimulates breathing. A dose of 125 milligrams two to three times a day is recommended.

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HOW TO LOSE A GUY IN 10 DAYS (PG-13) (11:35-12:40-2:15-3:20-4:55-6) 7:30-8:50-10:05
SHANGHAI KNIGHTS (PG-13) (11:55-2:30-5:05) 6:30-7:40-9:10-10:15
** CHICAGO (PG-13) (11:50-2:35-5:10) 7:50-10:25
THE RECRUIT (PG-13) (11:25-1:50-4:25) 7:10-9:45
** THE HOURS (PG-13) (12:10-2:45-5:20) 7:55-10:30
** GANGS OF NEW YORK (R) (12-3:25) 6:55
** ADAPTATION (R) (11:45-2:25-5) 7:35-10:10
DELIVER US FROM EVA (R) 10:20
** THE LORD OF THE RINGS: THE TWO TOWERS (PG-13) (12:50-4:40) 8:30
** ABOUT SCHMIDT (R) (11:40-2:20-5) 7:45-10:25

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THE JUNGLE BOOK 2 (G) (11:30-12-12:50-1:30-1:55-2:50-3:30-3:55-4:50-5:30) 7:30-9:30
** THE QUIET AMERICAN (R) (12:40-3-5:20) 7:40-10:05
HOW TO LOSE A GUY IN 10 DAYS (PG-13) (11:30-12-1:15-2:15-4-4:55) 6:35-7:40-9:10-10:25
SHANGHAI KNIGHTS (PG-13) (11:45-2:20-5-5:50) 6:40-7:35-8:20-9:10-10:15
** CHICAGO (PG-13) (11:50-2:30-5:10) 7:50-10:35
THE RECRUIT (PG-13) (12-2:25-4:50) 7:15-9:40
FINAL DESTINATION 2 (R) (1:25-3:35-5:45) 8:05-10:15
** THE HOURS (PG-13) (12:10-2:45-5:20) 7:55-10:30
** THE PIANIST (R) (12:55-4:05) 7:15-10:25
** GANGS OF NEW YORK (R) (12:05-3:30) 7-10:25
** ADAPTATION (R) (11:40-2:15-4:55) 7:45-10:35
DELIVER US FROM EVA (R) (11:25) 9:20
KANGAROO JACK (PG) (11:35-1:40-3:50-5:55) 8:05
BIKER BOYZ (PG-13) (2:35-5:05) 7:30-10
DARKNESS FALLS (PG-13) 10:10 P.M.
** THE LORD OF THE RINGS: THE TWO TOWERS (PG-13) (12:20-4:10) 8
** ABOUT SCHMIDT (R) (11:15-1:55-4:40) 7:25-10:05
** CATCH ME IF YOU CAN (PG-13) (12:50-4) 7:10-10:10
** TALK TO HER (R) (11:40-2:20-5) 7:35-10:10

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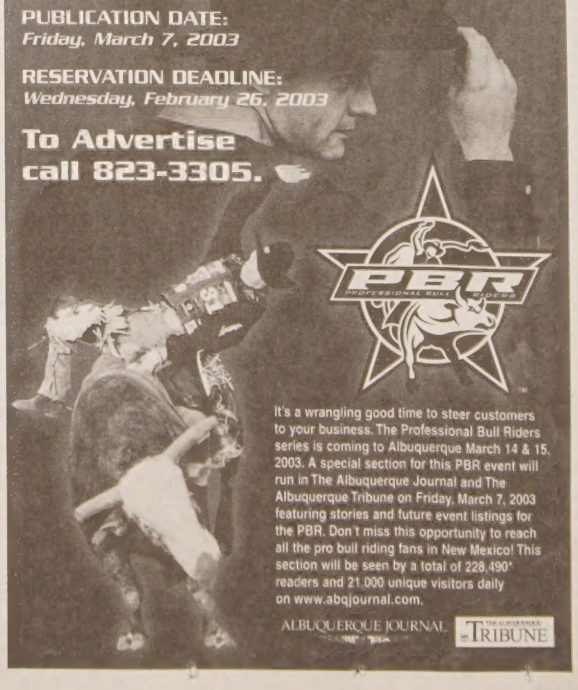
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